



COUNTYWIDE FITNESS CHALLENGE 2012



Active For LifeSM

Department of Mental Health Gets *"Active for Life"*

January 30, 2012 – April 8, 2012

What is Active For Life?

- It's a 10-week online workplace physical activity program offered to you by the County of Los Angeles & the American Cancer Society.
- Participate in teams of 3 – 15 members.
- Set a personal goal of how many minutes of physical activity you will commit to 5 days a week.

Resources...

- Have access to your own confidential "dashboard" including: Food Tracker, Weight Tracker, and/or BMI Tracker.
- Plus, receive weekly motivational emails to help meet your goal!

PRIZES!!!

- At week 5, meet your TEAM GOAL and each team member will receive a gift card to Target stores.
- At the end of the campaign, meet your personal goal and be entered into a grand prize drawing for fabulous prizes!
- At the end of the campaign, members of the winning team in each department will receive a gift card to Target stores.

How To Participate...

- Form a team, pick a Team Captain.
- Contact Antonio Breckenridge at abreckenridge@dmh.lacounty.gov to get started!

